



HeartMath

(The following article is found on the Delnor-Community Hospital website.)

A Change of Heart Changes Everything

Research from the Institute of HeartMath® has shown that the heart plays numerous roles in the human system, influencing information processing, perceptions, emotions and health.

Delnor-Community Hospital in Geneva, Illinois, the first area hospital to become a licensed HeartMath provider, offers a variety of HeartMath classes to help you better manage life's everyday stresses, improve work/life balance, health and performance.

HeartMath combines leading-edge science, practical information and easy-to-use techniques to access the intelligence and power of the heart. Using simple techniques and tools learned at Delnor's HeartMath workshops, you can actually start to reverse the negative impact stress has on your body and mind in less than one minute!

In a recent study, using an instrument called the Personal and Organizational Quality Assessment, participants were asked to measure changes after using HeartMath techniques. Those who used the HeartMath techniques reported statistically significant improvements in calmness, fatigue, anxiety, depression, anger management, sleep, resentment and stress symptoms.

Learn how your heart can help you manage life's stresses and achieve the health, vitality, and life you deserve!

HeartMath is a registered trademark of the Institute of HeartMath.